

The Emblem



Vol. 47, No. 29

Marine Corps Logistics Base Albany, Ga.

July 22, 2004

New commander brings change, vision to MCLB



LANCE CPL. KEVIN J. RIDLON

Col. John P. Lopez (left) receives the Colors from Col. Joseph R. Wingard during the July 14 Change of Command ceremony held here in front of the headquarters building. Passing of the Colors symbolizes the outgoing commander relinquishing all duties and responsibilities to the incoming commander.

Computers donated to local schools aid in higher learning

CPL. DENYELLE D. D'AVETA
EMBLEM STAFF

Marine Corps Logistics Base Albany recently donated 24 computers to Albany's Terrell High School. The computer donations are part of the Computers for Learning program, which was established by Bill Clinton during his presidency.

The donation was the first of three, which will total 126 computers that will be donated. Norma Morrison, the school's Health Care Science Technology teacher, used to have only six computers for her students to work on. With an average of almost 30 students per class, she said she didn't have the necessary resources for her students to complete their assignments in a timely manner.

"My students normally had to take turns with their research because of the lack of computers," Morrison said. "With this donation of computers, every student will have their own computer to work on and there won't be any delays in their work because of the lack of resources." Since 2001, MCLB's Base Property Control has donated excess serviceable computers to schools, churches and other educational organizations within the community. These organizations use the computers for various purposes, to include supporting tutorial programs for underprivileged children, afterschool programs, and to train students in grades kindergarten through 12th grade.

The computers donated are no longer needed for use by the Marine Corps. Therefore, they are donated to organizations that are in need of the technology. There is no charge to the requestor, and the Marine Corps and the schools see the results in better test scores and better grades.

Overall, 172 computers and 50 printers have been donated to the local community thus far. This amount does not include this year's donation.

"These computers are given to organizations ready to use. All of the computers have been 'cleaned,' which includes having the memories wiped and hardware refurbished so they will be ready to use," said Richard Smith, Information Technology supervisor here.

"The MCLB Computer Donations Program is vital and rewarding to the local community," she went on to explain.

Since 1995, MCLB has donated approximately \$3.7 million worth of computers. In addition to Terrell High School, Mock Road Elementary and Baconton Charter School will also receive computers this summer.

"This program is good for the community," said Col. Joseph Wingard, commanding officer, MCLB. "I'm glad that we have the opportunity to help."

Improved VA compensation sought

WASHINGTON, D.C. — Georgia Congressman Mac Collins, a member of the House Permanent Select Committee on Intelligence, recently signed a veteran's "concurrent receipt discharge petition" in hopes of getting the House to take quick action on legislation.

The measure was introduced to improve compensation for America's disabled veterans.

Currently, the legislation is bottled up in both the House Armed Services and House Veterans' Affairs Committees.

"I have been listening to my constituents on this issue. I have a longtime record of supporting veterans. I signed the discharge petition so the House will approve disability coverage for all disabled veterans," Collins said.

A discharge petition starts the process to force a bill out of a House committee. A successful petition requires the signatures of 218 members, which



FILE PHOTO

constitutes a majority of the House.

"Individuals who have sacrificed in service to our nation should be allowed to receive disability compensation in addition to regular retirement pay. For a number of years, I have co-sponsored the Retired Pay Restoration Act (H.R. 303) that would allow disabled veterans to receive military retirement pay and Veteran's disability compensation simultane-

ously," said Collins, while explaining his reason for taking action.

Retired veterans with a service-connected disability and 20 years of honorable service are not permitted to receive both disability compensation and military retired pay for their years of military service, according to current law.

H.R. 303, still awaiting House action, would authorize the federal government to implement full payment of both retirement pay and disability compensation to America's disabled military retirees.

Similar legislation has been approved by the Senate.

"Be assured that I will continue to be active in the debate to provide just compensation for our nation's disabled veterans."

Addressing issues that affect veterans and servicemen and women is a top priority," Collins said.

LANCE CPL. KEVIN J. RIDLON
EMBLEM STAFF

Marine Corps Logistics Base Albany underwent a change in leadership Friday when Col. Joseph R. Wingard stepped down as the base commander and relinquished his duties to Col. John P. Lopez.

Marines, civilian workers, friends and family all gathered here during the Change of Command ceremony to welcome Col. Lopez and bid farewell to Col. Wingard, who has served as the base commander since July 2002.

Throughout his 27 years of dedicated service, Col. Wingard has served at various commands. He and his family now look forward to traveling to Parris Island, S.C., where he will be in charge of logistics.

Col. Wingard was born in Columbia, S.C. in 1955. In September 1974, he embarked upon a career in the military after completing the Platoon Leaders Class program. He was later commissioned in June 1977 after graduating from Clemson University.

After completion of The Basic School and the Ground Supply

Officers Course, he served as the base services officer for Marine Air Base Squadron 15, Marine Aircraft Group 15 in Iwakuni, Japan.

After his first overseas tour, Col. Wingard returned to the United States and subsequently spent eight years serving in assignments at Headquarters, Fleet Marine Forces, Atlantic in Norfolk, Va., 6th Marine Amphibious Brigade and 2nd Marine Division in Camp Lejeune, N.C., before being sent back to Japan in 1988. This time, however, he traveled to Okinawa where he served as the commanding officer of Supply Company, 3rd Supply Battalion, 3rd Force Service Support Group.

In August 1989, Col. Wingard was assigned as an intern with the Office of the Secretary of Defense in Washington, D.C. In 1994, he reported to Marine Corps Recruit Depot Parris Island, S.C., where he served as the Recruit Training Regiment S-4 officer and the assistant chief of staff, Supply and Services.

In 1998, Col. Wingard attended the Naval War College in Newport, R.I. Upon his graduation in June 1999, he was

assigned to Supreme Headquarters Allied Powers Europe (SHAPE) in Mons, Belgium. There, he worked in the Policy Branch, Policy and Requirements Division.

When he was promoted to his present rank, he assumed duties

See CoC — Page 3



LANCE CPL. KEVIN J. RIDLON

In his closing remarks, Col. Wingard reflects on his tour as the base commander. He thanked those who participated in the ceremony, as well as his friends and family for their steadfast support.

Book shares ideas on reaching out to families of Guard, Reserve

DONNA MILES
AMERICAN FORCES PRESS
SERVICE

WASHINGTON — Separations can be tough on any child whose parent is deployed overseas — but particularly for the estimated 500,000 sons and daughters of deploy-ed National Guard and reserve troops, according to an expert on issues involving military families.

"Many Guard and reserve families lack the tight-knit support network that helps active-component families during deployments," said Mary Keller, executive director of the Military Child Education Coalition.

This can lead to difficulty adjusting to what Keller calls their "suddenly military" status. As a result, she said they can feel isolated and unsure of where to turn for help.

A new Military Child Education Coalition booklet is chock-full of ideas to help communities reach out to Guard and reserve families during their family members' deployment.

Keller said the coalition produced the booklet after repeated requests from military-family representatives, educators and community groups.

The 12-page brochure, "How Communities Can Support the Children and Families of Those Serving in the National Guard and Reserves," explains the dynamics of the deployment process in easy-to-understand language.

It offers tips for educators, and lists military and community resources for families of deployed troops.

Keller said the brochure serves as a companion guide to another popular coalition publication, "How to Prepare Our Children and Stay Involved in Their Education During Deployment."

That guide is a favorite of First Lady Laura Bush whom Keller said has read from it during visits to military bases. Both booklets reflect the

courageous spirit Keller said children of deployed Guard and reserve troops demonstrate everyday.

"Our goal is to help the Guard and reserve families through this transition in their

lives and this period of separation," she said.

The publications and more information about the Military Child Education Coalition are posted on the coalition's Web site.



CPL. ANDREW P. ROUPS

Leap of faith

Sgt. Thomas Miller, Marine Combat Water Survival instructor, directs a Tifton County High School Junior Reserve Officer Training Corps cadet on how to properly step off the high dive during the cadets' recent visit to the Base Pool.

Inside...

Stories sought for "United We Stand."
Pg. 2

Failure to wear protective eyewear can be costly.
Pg. 4

Marines hone academic skills through MASP.
Pg. 5

A Few Good Words



LT. CDR. ROGER RICHARDS
COMMAND CHAPLAIN

‘Master building plan’

Recently, my wife and I drove by the church in which we got married over 25 years ago. I remembered the building as a beautiful red brick structure with white columns on the front porch. It had red brick steps that stretched across the entire front of the building and had ample parking in the front. To the right of the main sanctuary was the fellowship hall, and the classrooms were to the rear of the building. On the left of the sanctuary were the church offices.

When we drove by, the appearance from the highway was quite different. You could no longer see the front of the building, and the steeple was now hidden from view. Instead, all you could see was a large steel building.

Several years ago, the church had added a gymnasium and recreation building to the rear of the main building, but this new edifice in the front was something I had never before seen. It appears to me that it had been erected without any regard as to how it would make the church appear to passers by.

I think that if the church had adopted a master building plan several years ago, they could have added all of the room they needed, but without detracting from the general aesthetics of the entire church complex. By all appearance, the church never had such a plan.

It's important to have a master plan. It takes into consideration where we are right now, but with a long-term view as to what we want to be in the future and how we are going to get there. It develops contingencies for what we are going to do at given milestones. In other words, when we reach a certain size, we are going to go to two services. At this point, we will begin construction on a new facility that will blend with the look and style of the existing structure. Later, when we have achieved other goals, we would add an additional portion in such a manner that it also compliments the pre-existing buildings.

In order to have a master plan such as this, we have to be able to make long-term goals and have a vision as to what something is intended to look like at the end. In the Christian life, God has given us the long-term goal that we are to work toward. He has told us that our goal is to be Christ-like. If we know that this is the long-term plan, we must then develop a plan to accomplish it. God has given us the instruction we need in order to accomplish this. It is the Bible.

Just as the engineer works with the architect to make sure he understands what is to be done, we must spend time with God to ensure we are developing ourselves in accordance with His plan. The Bible contains the vision for what God wants us to work toward, as well as a plan to achieve it. We must spend time studying the scripture so that we have a clear understanding of what we are to look like in the end. We don't want our lives to look disorganized and erratic. If we will follow God's plan, we will show a steady progression and ordered development. In the end, we will be happy to show that we have followed the Master's plan.

Semper Fi in the Lord, and I hope to see you in church on Sunday.

COMMAND RELIGIOUS PROGRAM WORSHIP INFORMATION

Sunday School 9 a.m.
Divine Services 10:30 a.m.

For more information, call the Base Chapel at
639-5282. For emergencies, call the
Officer of the Day at 639-5206.

Crossroads Restaurant Menu

Today	Peas w/pearl onions
Soup of the Day	Dill carrots
Chicken stir fry	Rolls & butter
Yakisoba	Salad bar
Vegetable fried rice	
Steamed rice	Tuesday
Spicy whole green beans	Soup of the Day
Salad bar	Sesame chicken wings
	Sliced roast pork
Friday	with gravy
Soup of the Day	Fried rice
Baked & fried trout	Mashed potatoes
Herb baked chicken	Sauteed cabbage
Mashed potatoes	Green beans
Cheese grits	Rolls & butter
Steamed broccoli	Salad bar
Corn O'Brien	
Rolls & butter	Wednesday
Salad bar	Soup of the Day
	Fried chicken
Monday	Chicken pot pie
Soup of the Day	Scalloped potatoes
Grilled ham steak	Green beans
Beef tips w/mushrooms	Sauteed spinach
Buttered noodles	Rolls & butter
Glazed sweet potatoes	Salad bar

Lunch Buffet & Lunch Buffet Takeout — \$5.95
Soup & Salad and Soup & Salad Takeout — \$3.95
(add dessert \$4.95)
Express Lunch — \$3.95

Hours of Operation — Mon. - Fri.,
11 a.m. - 1 p.m.

Corps stories told in patriotic fashion

Editor's Note: The following informaton was provided by— VIR - TUSERVE, Literary and Film Management Agency.

The U.S. Marine Corps has been invited to participate in a publication entitled, "America — United We Stand."

This book will be formatted in a coffee table, photo/narrative style that will share real stories of many Americans, both military and civilian, reflecting the values, heritage and unique spirit that have shaped America throughout its proud history. This book will celebrate those ideals, and why they continue to motivate us to stand up for justice and confront evil.

The producers of this book, along with your military leadership, welcome you to share your personal stories, and in turn, look forward to sharing and celebrating these magnificent stories with our readers throughout the world.

They also wish to state that the goal of this book is to avoid taking any political stand whatsoever. Labels such as "Conservative," "Left," "Right," or "Politically Correct" are inappropriate here. Instead, we are proud Americans who deeply love our country for all that it is, all that it represents and all that it could be.

The editors will carefully review and select those stories that best portray our book's central theme of appreciation for our country.

These need not be "spectacular" stories of intense drama or notoriety, but rather how the events and experiences of each individual story inspired each featured American to come to love his or her country even more.

Virtuserve, the publisher of "America — United We Stand," has pledged to donate a portion of all sales of the book to both The Navy-Marine Corps Relief Society and The Fallen Hero Fund.

As stories are reviewed, one-on-one interviews may be requested. These interviews will be facilitated through the individual's chain of command.

Thanks to all for your participation. E-mails can be sent to: America@virtuserve.org. Postal mail should be sent to the following address: Virtuserve, 5360 Jackson Drive, Suite 210, La Mesa, CA91942.

Send all photo attachments via postal mail.



LANCE CPL. KEVIN J. RIDLON

The highest level

(Front) Sgt. Theresa Barnes, travel NCO, Disbursing and Staff Sgt. Timothy Kempton, Electronic Keys Management Systems manager, C-4 receive balck belts after agrueling four week/70 hour Marine Corps Martial Arts Program course here. Marines who obtain their black belt have to be brown belt qualified and normally sergeants and above are allowed to receive the black belt..

Leave donations requests for employee emergencies

For more information, call 639-5228. To donate annual leave, submit an Optical Form 630-A.

• **Brad B. Sanders**, an employee of Maintenance Center Albany, needs leave donations to care for family member. Call Linda Golden at 639-6489.

• **Cindy B. Shelton**, an employee of Supply Chain Management Center, needs leave donations for recuperation from surgery. Call Diane Bradley at 639-7351 for further details.

• **Beryl W. Brown**, an employee of Fleet Support Division, needs leave donations for recuperation from an auto accident.

Call Sherrie Kuck at 639-5881.

• **Robert A. Dickerson**, an employee of Maintenance Center Albany, needs leave donations due to illness. Call Thomas Newton at 639-6348.

• **Reid E. Merritt**, an employee of Maintenance Center Albany, needs leave donations to care for

family member. Call Brenda Brandt at 639-6308.

• **Brenda M. Washington**, an employee of Transportation Voucher Certification Division, needs leave donations for recuperation from illness. Call Genny Goerling at 639-5674.

• **Larry W. Dowdy**, an employee of Public Works, needs leave donations for recuperation from heart attack. Call Diane McCall at 639-8064.

• **Linda K. Laney**, an employee of Maintenance Center Albany, needs leave donations for recuperation from back surgery. Call Brenda Brandt at 639-6308.

• **Warren R. Teague**, an employee of Maintenance Center Albany, needs leave donations for treatment of lung cancer. Call Brenda Brandt at 639-6308.

• **Nancy C. Elmore**, an employee of CDC, needs leave donations for treatment of cancer. Call Billie Lewis at 639-5220.

Base Theater Schedule

FRIDAY - JULY 23

7 p.m. -- *Garfield*, rated PG — Liz Wilson, Bill Murray, Jennifer Love Hewitt, Stephen Tobolowsky

SATURDAY - JULY 24

1 p.m. -- *Garfield*, rated PG — Liz Wilson, Bill Murray, Jennifer Love Hewitt, Stephen Tobolowsky

7 p.m. -- *The Chronicles of Riddick*, rated PG13 — Vin Diesel, Ja Rule, Keith David, Thandie Newton, Karl Urban

WEDNESDAY - JULY 28

7 p.m. -- *Dodgeball*, rated PG13 — Ben Stiller, Vince Vaughn, Christine Taylor, Jason Bateman, Rip Torn

Hot Dog	\$.75	Large soda	\$1.00
Sausage	\$1.00	Small soda	\$.75
Nachos	\$1.00	Large popcorn....	\$1.50
Candy	\$.50	Med. popcorn	\$1.00
Slim Jims	\$.75	Small popcorn ...	\$.75

Community Briefs

— **Red Pin bowling** is every Friday night from 3 p.m. to midnight at the bowling center.

— **Aerobics** is held at Daniel's Fitness Center Mondays and Wednesdays from 5 - 6 p.m., and Tuesdays and Thursdays from 11:40 a.m. - 12:20 p.m. The fee is \$15 a month. Free for servicemembers.

— Register today for the **Starting Your own Business Seminar**, July 28. The seminar is sponsored by the University of Georgia Business Outreach Services and MCCS. The workshop covers business start-up basics, and a workbook is provided. Call 639-5426 to register.

— **National Kid's Day** is July 31 at Thomason Gym from 10 a.m. - 2 p.m. Great fun for kids of all ages. There will be activities, exhibits and more! Call 639-7940.

— A **babysitting course** is available through the Children, Youth & Teen office. Register by calling 639-7940.

Individuals must be 12-years or older to register. A \$25 fee is due at time of registration.

— **Fire Warden training**

will be conducted July 28 from 8:30 - 11:30 a.m. If anyone needs to take a Fire Warden update of first time class, contact Keith Houston, Fire Prevention, at 639-5610.

— There will be an **Advance Microsoft Outlook 2000 class** July 28 in the CHRO classroom. The morning session is 8:30 - 11:30 a.m. The afternoon session is 1 - 4 p.m. Attendees will learn how to manage e-mails, calendars, files and more. There are 20 seats available. Call 639-5297 to reserve a seat.

— **Keep Albany Dougherty Beautiful** is looking for volunteers to assist with special events by wearing the "Duncan D. Trash" mascot costume. No experience is required, and the times are very flexible. Call 883-6700 for details.

— **Terrell County Humane Society** is looking for volunteers to assist with being foster homes for pets until they can be adopted. Call 883-6700 for details.

— There has been a **change in the hours** at Pin City. Pin City will now be open on Monday for LUNCHONLY!



The Emblem



Commander, Marine Corps Logistics Command.....Maj. Gen. Harold Mashburn Jr.
Commanding Officer, Marine Corps Logistics Base Albany.....Col. John P. Lopez
Public Affairs Officer.....Capt. Steve Butler
Public Affairs Chief.....Gunnery Sgt. Marlon J. Martin
Press Chief.....Sgt. Damian J. McGee
Managing Editor.....Marc McCormick
Community Relations Chief.....Robert W. Bryant
Base Photographer.....Tony Rawls

Published by The Albany Herald Publishing Company, a firm in no way connected with the Department of Defense or the United States Marine Corps under exclusive written contract with Marine Corps Logistics Base Albany, Ga.

This commercial enterprise newspaper is an authorized publication for members of the military services. Editorial comments and personal submissions within **The Emblem** should not be directly attributed as endorsement to the official views of the local command or United States Marine Corps.

The appearance of advertising in this publication, including inserts

and supplements, does not constitute endorsement by the Department of Defense or The Albany Herald Publishing Company of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the publisher, user or patron.

Editorial content (i.e., all content other than paid advertisements) is edited, prepared and provided by the Public Affairs Office of Marine Corps Logistics Base Albany, Ga.

CoC (from Page 1)

as the section chief of SHAPE Civil Military Cooperation/JOC J9.

Col. Wingard reported to MCLB in July 2001, beginning his tour as the director of Supply Chain Management Center. A year later, he assumed the duties of commanding officer.

As Col. Wingard relinquished his command of MCLB, he noted that he was honored to serve as the base commander and enjoyed the close relationship shared by the base and local community.

"This base has been great for a number of different 'where else's,'" said Col. Wingard in his closing remarks. "Where else does a Marine base work so closely with the community? Where else does the community know the names of the base leaders?"

With the passing of the Colors, which symbolized the official change of command, Col. Lopez assumed all duties of the commanding officer.

A New York City native, Col. Lopez graduated the State University of Albany with a Bachelor of Arts degree in May 1980. He was later commissioned in October of that same year.

Upon completing The Basic School, he attended the Basic Engineer Officers Course at Camp Lejeune, N.C. He was later assigned to Wing Engineer Support Squadron 37, 3rd Marine Aircraft Wing in El Toro, Calif.

In 1983, he reported to III Marine Amphibious Force Liaison Unit 2 at Subic Bay, Philippines. Upon finishing this tour, he was selected to attend the Career Level School.

In 1985, Col. Lopez served as a platoon commander at Officer Candidate School prior to attending Amphibious Warfare School in August 1985. He was then assigned as the Inspector-Instructor for Company A, 4th Combat Engineer Battalion in Charleston, W.Va.

In 1990, he deployed to Southwest Asia for Operations Desert Shield and Desert Storm where he served with 7th Engineer Support Battalion. Upon being promoted to the rank of major, he then transferred to the U.S. Naval Academy in Annapolis, Md., and served as a Spanish language instructor after he returned from his deployment with Combat Service Support Detachment 10, Special Purpose Marine Air Ground Task Force Guadalcanal.

In 1995, Col. Lopez was reassigned to the U.S. Military Group (USMILGP) Colombia as the U.S. Marine Corps representative to the Colombian Marine Corps and the Deputy U.S. Naval Mission, USMILGPColombia.

In January 2002, Col. Lopez assumed command of MEU Service Support Group 22 and deployed on LFF 2-02 during February 2002. Upon his return, he immediately reported for duty with the 2nd Marine Division staff and deployed to the Horn of Africa in support of Operation Enduring Freedom. He was assigned as the executive officer for the Marine Central Command Djibouti Transition Staff and as the officer in charge of the Combined Joint Task Force—Horn of Africa Forward Command Element.

When he returned, Col. Lopez was promoted to his present rank and was assigned to Marine Corps Logistics Command for duty as the director of Studies and Analysis.

"I have had the chance to meet and talk to some Marines since I have been here. But I am now looking forward to meeting all of you as your new CO (commanding officer)," Col. Lopez said.

As the ceremony came to a close with the Marines marching in the Pass in Review and the Albany Marine Band playing the Marines' Hymn, both commanders took the opportunity to give thanks to all those who participated in the ceremony.



A few members of the Dixieland Band performed "Back Home in Indiana," a musical piece written especially for the Wingards.



Staff Sgt. Michael Diuguidd, drum major, Albany Marine Band, leads the band down the final stretch of the Pass In Review portion of the Change of Command ceremony, which was held to welcome Col. Lopez and bid farewell to Col. Wingard.



Col. Lopez hands the Colors to Sergeant Maj. Cherry A. McPherson, base sergeant major, MCLB, symbolizing the official change of command.



Sgt. Darryl Handie, assistant military coordinator, LogCom, presents a bouquet of flowers to Mrs. Sandi Wingard.



Upon assuming command, Col. Lopez shares his vision of making MCLB Albany a base where Marines desire to be stationed.



Col. Wingard (left) and Col. Lopez salute the troops as they march by during the Pass in Review.

Eye protection can prevent injuries

RISK MANAGEMENT OFFICE

An estimated 1,000 eye injuries occur in American workplaces everyday. The financial cost of these injuries is enormous—more than \$300 million per year in lost production time, medical expenses and workers compensation. No dollar figure can adequately reflect the personal toll these accidents take on the injured workers.

What contributes to eye injuries at work?

Not wearing eye protection. The Bureau of Labor Statistics reports that nearly 60 percent of workers injured were not wearing eye protection at the time of the accident.

Wearing the wrong kind of eye protection for the job. About 40 percent of the injured workers were wearing some form of eye protection when the accident occurred.

These workers were most likely wearing eyeglasses with no side shields, though injuries

among employees wearing full-cup or flat-fold side shields occurred as well.

What causes eye injuries?

Flying particles. The BLS found that almost 70 percent of the accidents studied resulted from flying or falling objects, or sparks striking the eye. Injured workers estimated that nearly 3/5 of the objects were smaller than a pin head.

Contact with chemicals caused 20 percent of the injuries. Other accidents were caused by objects swinging from a fixed or attached position, such as tree limbs, ropes, chains, or tools which entered the eye while the worker was using them.

Okay, that's the official job-related part. What about off the job, working around the home or at play? Mowing the lawn, painting, washing mildew off the house, home carpentry, working on the family car, or even playing a favorite sport are activities with potential for eye injury. Did you know that basketball is one of the

leading causes of eye injury off the job?

How do you decide what is the proper protective eyewear for the job?

Use the good old Risk Management techniques: Analyze the task at hand. Determine the risk. Decide on the protective gear. Perform the task with the protective gear. Evaluate the process. Refine it, if needed.

Now, which eyewear for what job? As a safety guy, I'd like to say just wear goggles and be done with it, but as a person with a large honey-do jar, I know that just isn't practical. So, if the job is dry and produces relatively light and slow moving particles, for example, lawn mowing and some home carpentry projects, safety glasses with side shields are adequate. Safety glasses are available with bifocal reading lenses for old folks such as I. If you are using power saws, grinders, sprayers, or doing overhead work (i.e., under the car), goggles are the best bet. And, if

you are producing lots of particles that go everywhere such as running a chain saw or grinding, add a face shield. And don't forget the kids, if they "help" or observe.

Basketball, anyone? We recommend sport goggles, available at sporting goods stores. The shooting sports more your thing? Shooting glasses with clear or yellow lenses for better contrast are available, and are required at public and most private ranges.

Types of eye and face protectors:

- Safety spectacles — Protective eyeglasses made with safety frames constructed of metal and/or plastic and fitted with either corrective or plano (non-corrective) impact-resistant lenses. There are many styles available, with both clear and tinted lenses.
- Side shields — Protect against particles that might enter the eyes from the side. Side shields are made of wire mesh or plastic. Eye-cup type side shields provide the best protection, according to the Occupational Safety and Health Administration. The Marine Corps requires that spectacles have permanently installed side shields. Most of the wrap-around style glasses meet this requirement.
- Goggles — Generally, goggles protect eyes, eye sockets and the facial area immediately surrounding the eyes from impact, dust and splashes. Some goggles fit over corrective lenses. They are specifically designed for dry impact or liquid splash and spray protection.
- Welding shields — Constructed of vulcanized fiber or fiberglass and fitted with a filtered lens, these protective devices are designed for the specific hazards associated with welding. Welding shields protect eyes from burns caused by infrared or intense radiant light, and protect the face and eyes from flying sparks, metal spatter and slag chips produced during welding, brazing, soldering and cutting.



FILE PHOTO

Billy Potts, heavy mobile equipment mechanic, Maintenance Center Albany, heats the frame of a cooling tower in a MK-48 Logistics Vehicle while using the proper gloves and eye protection.

• Laser safety goggles — Laser safety goggles provide a range of protection against the intense concentrations of light produced by lasers.

The type of laser safety goggles you choose will depend upon the equipment and operating conditions in your workplace, according to OSHA.

• Face shields — Transparent sheets of plastic extending from the brow to below the chin, and across the entire width of the employee's head. Some are polarized for glare protection. OSHA recommends using face shields to protect your face from nuisance

dusts and potential splashes or sprays of hazardous liquids. Face shields do not protect eyes from impact hazards, and should always be used in combination with goggles or safety spectacles to protect against impact hazards or potential splashes.


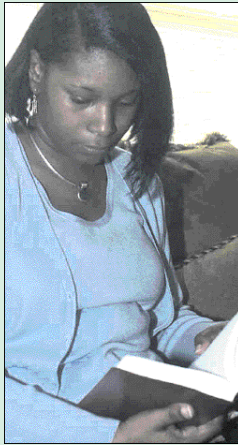
Eye protection works!

It is estimated that 90 percent of eye injuries can be prevented through the use of proper protective eyewear. That is our goal.

Where can I get more information?

Stop by the Risk Management Office, Bldg. 3500, Room 307, or call 639-5249.



Vacation Bible School



This year's vacation Bible School theme is "Rickshaw Rally"

**July 26 — 30
5:30 — 8 p.m.
For ages 3 through 6th grade**

Pre-register by calling the Base Chapel at 639-5282.



**Volunteers needed —
Call Rachel Robinson at 420-3736.**

MASP helps Marines improve academics

LANCE CPL. KEVIN J. RIDLON
EMBLEM STAFF

Every month, a Military Academic Skills Program class is held at the education building for those Marines who want to improve their Armed Services Vocational Aptitude Battery scores, get better promotion or reenlistment opportunities, or get the necessary skills needed to get a higher education.

According to Donald W. Feazell, education services officer, MASP increases the skill levels of eligible Marines in the areas of reading, mathematics, communication and writing.

The purpose of MASPis to improve the promotion potential and competency of active duty Marine enlisted personnel, which will strengthen the Marine Corps'enlisted personnel base.

"MASPis a four-week program that is conducted during normal duty hours," Feazell said. "It provides academic skills education development related to military, professional and personal requirements at no cost to the servicemember."

"The target audience of this program is those Marines with a GT(general technical) score of 99 or below," he continued. "Anybody can still take the class if they wish to improve themselves, though."

MASPis conducted using two methods of teaching. The methods are the use of the Marine Corps Satellite Education Network or a traditional classroom format. The use of these methods varies on how many Marines participate in the program.

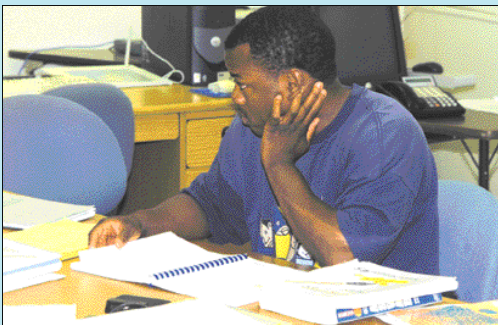
"If there are less than five Marines per class, then the classes will be taught through MCSEN," Feazell said. "If there are five or more Marines in the class, an instructor will be provided for one-on-one assistance."

According to Feazell, an instructor will be provided and the class times will be flexible if there are more than 10 Marines in the program.

"This will allow a class to be held at night or during the day, depending on the schedules of the Marines," he continued.

At the beginning of the program, each Marine is screened using the Test of Adult Basic Education. They are then required to retest on the ASVAB upon completion of the course.

"This program is helping me a lot," said Cpl. Jackie Goodwine of the Transportation Management Office here. "It is like a refresher course for the basic skills from high school. I advise everyone to take this course before reenlisting or going to college."



LANCE CPL. KEVIN J. RIDLON

Cpl. Jackie D. Goodwine of theTraffic Management Office here, pays attention to a live video feed from an instructor as the instructor reviews Goodwine's homework.

Dad's Baby Boot Camp, Mom's Basic

CPL. DENYELLE D. D'AVETA
EMBLEM STAFF

To an expecting or new parent, bringing a new life into the world can be scary, unnerving and wonderful. Raising that new life can also bring many unexpected challenges and unanswered questions.

Here, at Marine Corps Logistics Base Albany, there is an untapped resource for expecting and new parents. It is a program called the New Parent Support Program, and it is designed to help expecting parents prepare for parenthood, answer questions and provide support.

One of the valuable classes offered through this program is "Dad's Baby Boot Camp Joins Mom's Basic Training."

While the title alone may bring flashbacks of basic training for some or visions of pregnant women in camouflage and marching, the program itself is not as intense.

The class lasts only one day, and it provides an abundance of beneficial information for expecting parents. Parents, and those expecting, can expect to learn new and improved skills needed to properly care for a child.

"I wish a program like this had been available when I was expecting," said Kathy Tate, program assistant and mother of three. "I was a military spouse for 23 years and lived on many military bases. I know what it is like to be away from family and not have someone there to give you information and provide support that is needed when you are so far away from home and expecting your first baby."

The class also provides information on many topics including labor and delivery, choosing a pediatrician, stress management, and bathing and dressing a baby. Other information is offered through videos and books that can be checked out.

While the classes may seem focused around information for the expecting mother, that is not the case. Information is also offered to the expecting fathers as well,

including an "Empathy Belly pregnant simulator." For just a few minutes, a father can experience just what it feels like to be pregnant and gain a realistic understanding of the changes and demands imposed by pregnancy. The Empathy Belly is a multi-component weighted garment that can be strapped on with added weights up to 35 pounds.

The classes are held quarterly, or an appointment can be made to have a home visitor help with your concerns as a parent or parent-to-be in the privacy of your home. The New Parent Support Program is voluntary and free of charge to all Marines and sister service families expecting a child or with a child under six years of age. For more information, call 639-6257.

For parents who already have children, NPSPprovides beneficial information about understanding the stages of a child, improving relationships with them and becoming more confident as a parent.

"There is so much information about pregnancy and being a parent," Tate said. "This is an opportunity for expecting parents and people who already have children to get all of their questions answered. And if we don't have the information you need, then we will get it for you."



CPL. DENYELLE D. D'AVETA

The Empathy Belly pregnant simulator vest helps to imitate what it feels like to be pregnant. "Fathers to be" wear the vest to help understand how their wives feel before delivery.



CPL. ANDREW P. ROUFS

Marines take students for a spin

During a visit and tour of MCLB Albany, students of Western Hemisphere Institute For Security Cooperation taking the Defense Resource Management Course at Ft. Benning were given the opportunity to ride in humvees on the test track here.

Ga. voters overseas get extension

CATHY COX
GEORGIA SEC. OF STATE

ATLANTA — A U.S. District Court judge recently issued two orders authorizing special procedures to facilitate the distribution, receipt and tabulation of ballots cast by military and civilian Georgia voters residing overseas. The orders, issued by federal judge Charles A. Pannell, Jr. in response to motions made separately by Georgia Secretary of State Cathy Cox and the U. S. Department of Justice, authorize

Georgia election officials to extend by three days the deadline for receipt of ballots in the General Primary submitted by overseas voters who applied for an absentee ballot on or before June 21, 2004. Special procedures for expedited delivery and an extension of the counting period for such ballots are also authorized for the August 10th Primary Runoff.

Both Secretary of State Cox, who serves as the state's chief election official, and the Department of Justice had sought relief

from the court to address problems created by delays that occurred in some Georgia counties in the printing and mailing of absentee ballots to overseas voters. A federal law, the Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA) includes provisions designed to guarantee that individuals residing overseas have an opportunity to cast a valid ballot in elections that include federal candidates, if the voter makes a request for an absentee ballot within 30 days of an election. Under Georgia law, absentee ballots are prepared, mailed, received and tabulated by county officials rather than by the state.

"I am extremely pleased that the federal court has given us authority to take special measures that can help assure that Georgia voters overseas have an adequate opportunity to cast a vote in the upcoming Primary and Primary Runoff," Secretary Cox said. "Because of delays caused in part



by the Larios reapportionment decision, which required the state to again reapportion legislative districts in March, and by operational issues that delayed the printing of some counties' ballots, not all of our counties sent ballots out in time to comply with federal standards."

"These new court-authorized measures, including delivery by fax and courier, as well as a three-day extension of vote counting for this group of voters, will help us assure that Georgians residing overseas, including our men and women in uniform across the globe, will have a full opportunity to make their voices heard in these important elections. I am grateful to the court for giving us the tools we need to assure military and civilian overseas voters can exercise their most important right of citizenship — voting," Secretary Cox added.

A survey of county voter registrars conducted by the State Election Division found that some 412 overseas voters had submitted absentee ballot requests 30 days or more prior to the election but did not have ballots mailed to them within the 30-day window and, of that group, 372 ballots had not yet been returned to county registrars.

Today's two federal court orders address this problem, and the short time period available for voting by absentee within the 21-day period before the Runoff, through a number of mechanisms, (complete information on voting procedures for overseas voters is available on the Web at www.sos.state.ga.us).

•FAX transmission: The secretary of state and the registrars of Georgia's 159 counties are authorized to send requested ballots to voters by facsimile transmission or e-mail, and to accept the return of voter oaths and voted ballots to a single secure facsimile machine under the supervision of the secretary of state.

Fax transmissions may be sent directly to the State Election Division at 404-657-5371, or to the Federal Voting Assistance Program at one of the following toll-free numbers: (800) 368-8683; (703) 693-5527; or DSN

223-5527. Citizens should be sure to fax the entire ballot including any oath or signature required on the ballot-mailing envelope. All ballots must be voted, transmitted and received by 7 p.m. EDT Aug. 10 for the Runoff.

• Federal Write-In Ballot: The orders permit UOCAVA-protected overseas voters to use the Federal Write-In Absentee Ballot, which allows voters who have not received a ballot from their county to use a federal write-in form on which candidate choices are written.

• Extending the Deadline For Receipt of Mailed Absentee Ballots: The orders extend the deadline for receipt of absentee ballots mailed back to the various Georgia counties by UOCAVA-covered overseas voters by three days.

Under the orders, ballots received from this group of voters would be deemed valid and counted if received tomorrow by 5 p.m. EDT.

For the Aug. 10 Primary Runoff, the deadline has been extended to 5 p.m. EDT, Aug. 13.

• Other Means of Express Delivery: The order authorizes the secretary of state to make available to UOCACA-covered overseas voters accounts with Federal Express and United Parcel Service by which absentee ballots may be returned to the state or county registrars, at no expense to the voter.

The Georgia secretary of state will bear the cost of these deliveries.

Overseas voters who desire to submit ballots in this manner may obtain the Fedex and UPS account numbers by contacting FVAP (toll-free numbers available at Web site www.fvap.gov), by contacting their Voting Assistance Officer (for military personnel) or contact the Georgia Elections Division by calling 404-656-2871.